

Hundreds celebrate completed restoration of Lincoln Cottage exterior



Approximately 400 visitors were in attendance to celebrate the completion of the exterior restoration of Lincoln Cottage at AFRH-W. Photo by William Geiger. Look for complete coverage on page 19.

AFRH COMMUNICATOR

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The AFRH Communicator is an authorized publication of the Armed Forces Retirement Home.

Residents and employees are encouraged to submit photos, art, news items, and features. Materials will be edited by The AFRH Communicator staff for journalistic style and

length.

Editorial views and opinions expressed in these pages are not necessarily those of AFRH or its leadership. Throughout the newspaper AFRH-G input will be denoted as (G) and AFRH-W as (W).

AFRH-W Editors Column



It seems that as soon as we get one newspaper to press it's time to start another issue. And, as usual, the last thing that gets done is my column. My justification is that I want to see what the papers content is before I do my piece.

There's so many things worthy of your attention in this issue that I don't know where to start. We are fortunate to have a few more writers contributing to our publication.

Wilfred "Mac" McCarty is back. You'll want to see read about his trip to Alice Springs, Australia taken in his globe trotting days.

John Bowery, a young ex-Marine of 80 has also joined us. John, a young ex-Marine of 80 years particularly wants to write profiles of our many interesting residents. You'll want to check-out his "Near Forgotten Profiles" page. Welcome aboard John. Know that you're needed.

Then there's **Ken's Corner** with an informative article on "How to protect your computer during summer thunder storms."

Captain Ulmer's "Hurricane season is here." You'll definitely want to read this and find out "The safest course to follow..."

Seeing the outstanding photographs on page 13 made me lonely for the place where, "The stars at night are big and bright..."

What's coming up? **Bill Adams** has promised us a story about a beautiful Psittaciformes. I know it's a great story because I already read the un-abbreviated version.

Did you know we had a resident "land lubber" who went to Florida and bought a sailing ship? He and a couple of buddies went down to Florida and sailed the "Why Not" back to DC. Perhaps this will be in the next issue.

To all who make this paper possible a big thank you. To everyone else, - **ENJOY YOUR PAPER** -

AFRH Residency

AFRH is not just a place to live but a place to live more. Our model retirement centers are designed for resident to maintain an independent lifestyle in an environment designed for safety, comfort and personal enrichment.

Eligibility:

Military veterans from each service branch can live at either Home.

Veterans are eligible to become a resident of the AFRH if their active duty service in the military was at least 50 percent enlisted, warrant officer or limited duty officer and who are:

- Veterans with 20 or more years of active duty service and are at least 60 years old, or

- Veterans unable to earn a livelihood due to a service-connected disability, or

- Veterans unable to earn a livelihood due to injuries, disease, or disability, and who served in a war theater or received hostile fire pay, or

- Female veterans who served prior to 1948.

To receive an informational brochure please contact the following office:

AFRH at 1-800-422-9988, or write to AFRH Admissions Office, 3700 N. Capitol St. NW, Washington DC 20011-8400.

Visit us on the web at: <http://www.AFRH.gov>

Message from the Chief Operating Officer



On Monday, May 30th, we will celebrate Memorial Day 2005. It's a special day not only to remember, but also to honor the many sacrifices and contributions made by our Nation's brave men and women. On Memorial Day many cities and towns across the United States will sponsor parades and memorial events, there will be guest speakers, the displaying of our Flag, and floral decorations will adorn the resting places of soldiers, sailors, Marines and airmen who have gone before us. Many of us will join family and friends for cookouts, some of us will participate in family reunions and some of us will even venture to the beach. But one thing remains the same for all of us...only through the efforts of our brave military members both past and present do we live in a free America, the greatest country in the world.

I ask that this Memorial Day that you keep in mind all our many service men and women who are currently serving in harm's way in foreign lands, the family members of those who have loved ones supporting the war effort, and especially for the family members of military members who have recently lost their lives defending freedom throughout the world.

Timothy C. Cox
Chief Operating Officer

NEW RESIDENTS AT AFRH

WASHINGTON CAMPUS Census: 986 as of May 26, 2005

James E. Smalczewski	USA
Matthew C. Grimaldi	USA
John V. Thompson, Jr.	USA
Donald E. Fishback	USAF
Guillermo L. Ceniceros	USAF
Claude A. Vicars	USN
Billy Hawkins	USA
John D. Vaughn	USAF
Thomas L. McCann	USAF
Richard J. Ring	USN
Chester Zieneski	USN
Michael J. Tiberio	USN
Louis D. Bean	USA
Edward B. Clark	USAF
Daniel Elyar	USAF
Fred W. Young	USAF/USN
Paul A. Wells	USN
Robert T. Wilson	USA

ASK THE CFO CORNER

Our first question for the CFO Corner was from a Gulfport resident. The reader wrote: "I continually hear complaints from some of my fellow residents concerning fees paid by other residents. Some quote numbers to me, but cannot state the basis for the figures. I realize you cannot provide names due to privacy concerns, and I wouldn't want names. I simply wish to confirm or refute the numbers being quoted. Would you please provide the following information?"

What percentage of the residents in independent living in AFRH(G) are paying:

	Answer
\$800.00 cap	43%
\$700-\$799	14%
\$600-\$699	15%
\$500-\$599	9%
\$400-499	8%
\$300-\$399	5%
\$200-\$299	4%
\$100-\$199	2%
<\$100?	1 resident or 0%

Thank you for your question. Hopefully this information will help clear the air and should confirm or refute the numbers being quoted.

GULFPORT CAMPUS Census 569 as of May 26, 2005

Raymond Gischia	USA
William Allen	USN
Edward Powell	USAF
Richard Harris	USAF
Charles Batte	USAF
Edward Wilhite	USA

Office of the Director



The month of May was declared 'Older Americans Month' by a proclamation signed by our President on May 3, 2005. But what exactly is 'Older Americans Month' you might be asking and why are we celebrating it. I think the question can be answered from two viewpoints.

To our youth, Older Americans Month is a time to pay tribute to a generation of Americans whose contributions strengthened and sustained our Nation during turbulent times. These special citizens led us through times of conflict, depression, peace, and prosperity and witnessed firsthand the milestones that have defined this era as we know it today. It was this generation of Americans that led in the advances in science, technology, and medicine, as well as our increased awareness of the importance of good nutrition and physical fitness, which

resulted in longer living, healthier Americans. Over the course of the past 100 years, the average American's life span lengthened by nearly three decades, with the percentage of older Americans in our population more than tripling.

This month should serve as a reminder to our youth the profound debt of gratitude we owe to the generation of older Americans whose hard work, courage, faith, sacrifice, and patriotism helped to make this Nation great. This specific group of Americans not only defended our fundamental values of liberty, justice, and equality, but they also have handed down to the younger generations the traditions of community, family, and love of country that bind our society together.

To the 'older Americans' this month is a time to hold in reverence cherished memories and departed family and friends and to proudly acknowledge past achievements and accomplishments. But it is also a time to forge ahead and do so with gusto! Borrow the phrase, "Today is the first day of the rest of my life..." and

personalize it to say the first day of the rest of my life to explore, expand my horizons, find and consume the fruits from one's labor, attain newer heights, declare through an active life freedom over the changes brought on by time. Older Americans Month is a time that our older generation can continue with the direction of their past and use all their energies to encourage and show others the way and to model graciousness with style.

I feel so very fortunate to be surrounded by this special group on a daily basis here at the Armed Forces Retirement Home. Our older American population, especially our country's veterans, should be proud of the advances they made and the contribution to society they continue to make. We have so many outstanding citizens in our midst that though retired; they still are giving back to society through volunteering and active involvement in life. Take the time now to honor each other and show your gratitude. Celebrate Older Americans Month!

Captain Jerald Ulmer

Nursing Assistants honored with pinning ceremony

Three nursing assistants at AFRH-G recently celebrated receiving Nursing Assistant Certification (CNA). Pictured with Melanie Baker, Health Services Administrator and Captain Ulmer are (right) Jeanette Slater, (below) Stephen Jackson, and (below right) Fe Molina.



Heads Up

June 3 - First United Methodist Church Youth Group Choir from Katy, TX, to perform in Ballroom, 7 p.m.

June 4 - Christ United Methodist Church Youth Choir from College Station, TX, to perform in Ballroom at 10:30 a.m.

June 11 - Blueberry Jubilee in Poplarville, van leaves at 8 a.m.

June 17 - Army Birthday celebration at 7 p.m. in the Ballroom

June 19 - Showgirls performing at Biloxi Casino Magic.

June 23 - VA's American Bandstand, 3 p.m. in Ballroom

June 25 - NATTC Flying Rifle Team Performance, 1 p.m. in the Ballroom.

These are some of the highlights of events planned in June. Remember to sign up in the Exercise Room to attend to events off campus. Also, don't forget the weekly PC Users group meets every Wednesday at 1 p.m. Everyone is invited to attend.

Office of the Command Master Chief -Gulfport



With warmer weather, come many more outdoor activities. The Health and Wellness staff is scheduling more outdoor and indoor summer activities. Quite a few of these activities will be in the morning when the weather is cooler, to offer maximum participation. Some will be day trips to various sites for some of the more adventurous residents. As with all activities during the summer months here on the Gulf Coast, remember to drink plenty of water. Dehydration is one of the most prominent heat related illnesses along the Coast. So whether it is a leisurely stroll along the beach, bocce on the front lawn or a day trip to New Orleans, please remember to drink plenty of fluids, especially water.

The summer season is also the time for those inevitable afternoon thunderstorms or showers. Some of these can be quite

severe with strong winds, heavy rain and lots of thunder and lightning. If you are out and about in the afternoons, please be prepared. Have an umbrella handy to get you to suitable shelter from the storm. Wet clothes can lead to a summer cold that seems like it will never go away. Don't let this prevent you from participating though. Get out there and have fun with your fellow residents.

Also don't forget to protect yourself from the sun's rays by wearing both a hat and plenty of sunscreen. The pleasant breeze coming off the Sound might cool you but it doesn't protect you from the damages that the sun's harmful rays can do to your skin. Avoid spending a lot of time out in the sun during mid-day, that's when the sun's rays do the most harm. With just a few adjustments you can get the most out of the summer season without putting your health or well being at risk. It's a great time of year, enjoy.

By Master Chief Walt Asher

Office of the Ombudsman-Washington



DAV VISITS THE HOME!

I would like to thank the residents that took advantage of the Disabled American Veterans (DAV) visit to the Home on April 27. After speaking with Mr. James Mack, the Assistant Supervisor, National Services Officer, I learned that this was their first trip back since two years ago. In 2003 when they came to provide assistance only five residents took advantage of the opportunity. What a turn around, this year they spoke with 75 residents in the short time they were here. And that was due in large part to Ms Sheila Motley putting together an aggressive advertising campaign to ensure people knew when and where they were going to be.

For those of you that don't know I will give you the mission statement of the DAV. The DAV is made up exclusively of men and women disabled in our nation's defense; the DAV is dedicated to one, single purpose:- building better lives for all of our nation's disabled veterans and their families. This mission is carried forward by:

- Providing free, professional assistance to veterans and their families in obtaining benefits and services earned through military service and provided by the Department of Veterans Affairs and other government agencies;
- Providing outreach concerning its program services to the American people generally, and to disabled veterans and their families specifically;
- Representing the interests of disabled veterans, their families, their widowed spouses and their orphans before congress, the White House and the Judicial Branch as well as states

and local government;

- Extending DAV's mission of hope into the communities where these veterans and their families live through a network of state-level Departments and local Chapters;
- Providing a structure through which disabled veterans can express their compassion for their fellow veterans through a variety of volunteer programs.

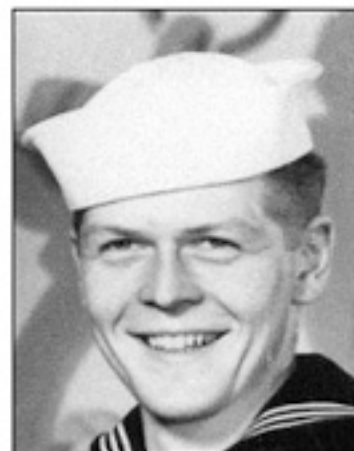
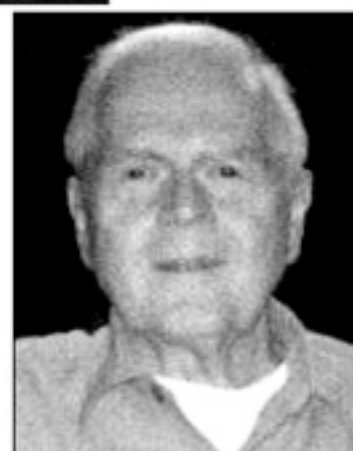
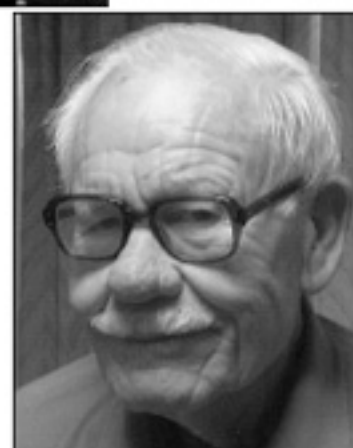
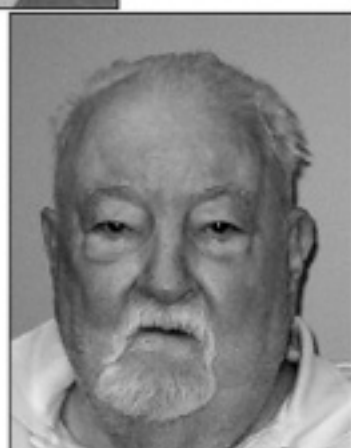
So, as you can see the DAV is a very all encompassing organization when it comes to supporting the needs of the veterans. Right now we are intending to extend an invitation for



the DAV Representatives to come and give an informational briefing in the Scott Theater, later on they will again return with the van for their assistance visit. Their normal schedule allows for two assistance visits per year. Again, thank you for the great turn out and look for more information on their next visit to the Home.

By Al Mori, Ombudsman

Then... and now... in Gulfport

Alfred Henke*Bill Norvell**Frank Roberts**James Smith**Joseph Cline**Robert Johnson*

Then ... and Now... in Washington

Byron C. Stavrides*Larry G. Friesel**Howard Sweet**George DeMonfort-Proska**Garland Sanders**Charles Genter*

Alice Springs Australia

By Wilfred McCarty (W)



In Alice Springs Australia I stayed in an Anglican (Church) Hostel. I was pleased but surprised that they sold beer in this church hostel. Nothing wrong with this especially since it was Australia but something different. When we arrived in Alice Springs the bus driver got a broom and swept off the dust from our suitcases. I guess the Coober Pedy, where the author of article below started his safari from was that town, that was mostly underground as it was so hot. Even the chapel or church was underground where I went to Midnight Mass on Christmas Eve. They dug and searched for emeralds underground. You paid a few dollars and you could dig for same.

I think maybe they planted inferior or cheap emeralds so tourist could discover them but maybe it was genuine. On our bus going to the outback there were two drivers, double springs, double air conditioning and one tub full of ice in aisle way where people put beer (it was the Holidays). We stopped at one out of the way shack and it was full of grizzled natives.

We had a British lady with us that was dressed as if she was going to a party at Buckingham Palace and she carried a dainty parasol. The grizzled natives decided they would have some fun with this British lady. They said, "You know when Prince Philip was in Australia he went with a native girl. The lady replied "Good for him!" It turned out she was a journalist and had been around and could pass out the repartee too. I used the term Safari which in Africa means any kind of journey I am told, but don't know if they call them that in Australia.

I am reminded of camels. One of the reasons I did not enjoy a camel safari in Rajasthan was because we did not have an entertaining fun group of people and we did not see much except sand dunes. I am a sightseer and want to see things. Ha! It was kind of boring but another time I might have enjoyed it. I really did enjoy the cities with their castles and their colorful people in colorful garb in Rajasthan and it was kind of medieval or something. It was just that I was kind of out of sorts on that day of camel riding. Sometimes on a lengthy trip you need to stop traveling and just sleep or rest for a day or two (kind of a vacation within a vacation) and then continue on. I was trying to see all of India in one trip. I later returned two more times and by then I was more adjusted to India and really enjoyed it. I only recommend India though to people that can kind of rough it and don't get too upset by poverty. Poverty in warm countries where they have large family support does not bother me as much as poverty in cold countries. I saw a lady in Nepal sitting on the ground trying to sell six peanuts. Come to think of it, tourists were giving her money so maybe she knew what she was doing.

Back to Australia: there is an article in the January 2001 Smithsonian Magazine titled For Dromedary Trekkers in Australia's outback its Camelot in the Desert by Derek

Grzelewski, photographs by Mark S. Wesler. The Author had seen a sign earlier on a camel farm "For those of you who have never ridden a camel we have camels that have never been ridden before". Here is a condensation of the rather lengthy but interesting article.

It was a 150 mile desert trek on two dozen dromedaries from Archaring Hills north of Coober Pedy toward Witjaira National Park. The camels go in single file with three weeks of provisions (swags (sleeping rolls) and 100 gallons of water). The human participants would ride only an average of two hours a day taking turns sharing the two camels that were not carrying supplies and equipment. The rest of the time they walked beside the camels. [Writing of the Australia trip reminded me of another camel trip. I one time took about a two hour safari on camel out of Rajasthan India. Maybe it was a half day. I had forgotten about it until I read this article. The camels and their keepers in Australia originally came from Rajasthan, India or Northern India and Pakistan. The five seasoned cameleers and eight adventurers in Australia might have been on camels that were ancestors of the camel I tried to ride.]

The author describes the trip as a gentle rocking motion that one could read a book while riding. (Me, I remember my ride as mildly uncomfortable. My camel was smelly and had bad breath worse than mine. In Egypt outside Pyramids the touts will tell you if you are an American that your camels name is Coca Cola. If you are Canadian they will tell you that your camels name is Canadian Club, if German your name is Heineken. Same camel. I disliked the camel I rode in Rajasthan so much that I did not ask its name.

All I could think of was I want to get back to civilization and get a cold beer. We had no beer with us. Perhaps it was forbidden. Drunken tourists and drunken camels would have been more fun. Camels can do without water for weeks but I couldn't go a couple of hours without beer. Camels can travel 600 miles without drinking if food is succulent (plants) and the air cool. These camels and handlers (known as Afghans or simply Ghans) brought from India many years ago were used to haul supplies to remote mines and sheep stations. Also sleepers for the Transcontinental Railway and the first piano arrived in Alice Springs lashed to the hump of a camel. Between 10,000 and 20,000 were released to the desert to fend for themselves when the Ghans became unemployed and could not feed their camels. The camels thrived in the desert and doubled their population every six to ten years.

There are now as many as 40,000 out in the desert. "The once unsurpassed beast of burden became simply a beast and a burden." Now the Australians find camel meat lean and tasty and the fur and hides are used for crafts and clothing. The author did not say how much trip cost. Mine out of Rajasthan was reasonable and I got it from one of their Government sponsored hotels in Rajasthan.

Happy Camel Riding, Mac

Helping AFRH-G volunteers help with local youth

By Mary Kay Gominger

One Student To Succeed

Two residents and four staff members volunteer regularly at Anniston Elementary School located just minutes north of us in Gulfport. Residents Charles Stone and Charles Magill go each week to Anniston to tutor children in reading and they help out in any other way they are needed. Mr. Stone has been volunteering for seven months while Mr. Magill, a relatively new resident here, started his work three months ago. Staff members Don Cross, Laura Throop, Shelley Schruoff and Linda Thompson, all from the Leisure and Wellness Division, also volunteer at Anniston Elementary and have been doing so for many years.

"Without volunteers, the Anniston HOSTS program would not be successful," said Anniston Elementary School HOSTS Coordinator Angela Glocke. "The veterans enrich our students' lives with their knowledge and life experiences. Several of the employees who volunteer have helped us for the nine years our program has been operational. These employees and veterans have touched the lives of over 40 students. The gift of time these volunteers have so graciously given will have a lasting impact on the students' lives."



Charles Stone tutors Anniston Elementary 4th grade student Chris Lee.



Angela Glocke, the Anniston Elementary School Hosts Coordinator, reviews paperwork with AFRH-G resident Charles Magill (left) and Charles Stone. The volunteers were being certified as proctors for student testing.

Ken's Corner

How to protect your computer during summer thunderstorms

STRIKING OUT

What's the best way to keep your computer or valuable electronics safe during a thunderstorm? In my opinion, unplug it. Even a minor surge can strike out your equipment.

Although a good surge protector may keep your electronics safe during a thunderstorm, it is still safer to unplug the equipment. After all, if the thing isn't plugged into the wall, it's kind of hard for a spike or surge to get through. Also, try to keep all of your computer's external components (monitors, scan-

ners, printers, etc) plugged into the same surge protector as the computer. That way, when you pull the plug, all your equipment is protected and you don't risk a spike / surge coming through an external component and damaging your computer.

In addition to unplugging your computer, modem users should also unplug their phone line. Phone lines are probably the #1 way to for surges to get to, and sizzle, your computer. Note that if you're using a surge protector with a phone line pass through and you unplug it, you need to unplug the phone line as well (most surge protectors don't protect if they are unplugged).

Another cable to unplug would be any high speed internet connection cable. After all, if you're using a cable modem (or DSL) and a surge comes through that line, it may get to your computer.

Now, do you have to do all this each time you hear thunder in the distance? Personally, I usually do—especially if the storm is of the mean and nasty variety. I have a good surge protector and all, but the information on my computer is very valuable to me and I don't like taking chances. A close lightning strike will blow through just about any surge protector on the planet.

Note that simply turning off the power switch to your surge protector is not a good idea. When you turn these type suppressors off, you are also eliminating the power supply to the surge protection circuit, thereby rendering it useless. So, if a surge comes across the power line with the switch in the off position, you have NO protection; however, if the surge protector is left on at ALL times, the circuit is energized, and you will have whatever

See 'Striking Out' page 10

AFRH-G resident enjoys speaking about time spent with athletics

By Mary Kay Goming (G)

Somebody forgot to tell AFRH-G resident J. B. Coincon that retirement is supposed to be about, you know, retiring. J.B. moved into the AFRH last October and since then he has had six speaking engagements and has several more scheduled in the next few months. He also finished a book entitled, "You Don't Put Crawfish On Turnip Greens," and it is to be published in the near future. J.B. doesn't meet a stranger and he can't understand how anyone can sit around and complain about nothing to do.

"This place is great," J.B. said. "They always have so many activities for us no matter what your interest and the staff is so caring. I am really enjoying living here."

J. B. has been speaking at business lunches all over the



J.B. Coincon gives a speech to members of the Gulf Coast Optimistic Club earlier this month.

Gulf Coast. He speaks primarily about his 38 years spent working with the Sugar Bowl in New Orleans, La. He has served as a member and officer (secretary, treasurer and vice president) of the Sugar Bowl since 1968. J.B. also has many years involvement with high school and college sports having served as the Assistant Athletic Director at Liberty University in Virginia for five years and at the University of South Alabama for four years. He then spent seven years as the M-Club director at Millsaps College in Jackson, Miss. Prior to these appointments he was a high school coach in Nelson County, Virginia.

"I have given over 100 speeches in reference to the Sugar Bowl in Alabama, Louisiana, Mississippi and Virginia," J.B. said. "I speak at civic, social, service and athletic clubs. I have some great stories about some of the country's football greats such as Bear Bryant, Bobby Bowden, Charlie McClendon and Johnny Vaught. And they are not stories I made up, they are stories I lived. That's the amazing thing. Even people that aren't big football fans enjoy hearing these stories."

Life wasn't always about sports for J.B. During World War II, he served as an aerial gunner, bombardier in the U.S. Naval Air Force. He served on a patrol squad in the Atlantic Fleet.

"Wherever German subs were in the Atlantic, we were there," J.B. said, recalling his days in the military.

"We had a couple of close calls but I wouldn't trade my time in the Navy for anything," J.B. said. "As a result of my service in the Navy, two very important things happened. First, the GI Bill enabled me to attend the University of Virginia and obtain a college degree, which I did. Second, my service entitled me to this home to live in at retirement and I am so appreciative. The Navy has been good to me," he said.



Nurse Appreciation Week celebrated at AFRH-G

(From left) Shan Wright, Tina McGrew and Tommie Wyatt enjoy beautiful roses that were presented to all nurses during Nurse Appreciation Week held earlier this month. In addition to the roses, a reception kicked off the week and nurses received special surprises throughout the week.

'Striking Out' from page 9

surge protection your particular circuit is rated for.

Also, keep in mind that cheaper surge protectors can wear out over time. The power strip type surge protectors can protect you against one good surge (although a direct lightning hit happily rips right through them) or lots of smaller ones, but they can wear out. Problem is, most of them have no way of telling you when they've become useless. When you're looking for a surge protector, be sure it features some kind of indicator light that tells you when the surge protection circuit has croaked.

I heard a very knowledgeable person state that notebook computer were immune to electrical surges and spikes. Sorry, but if the notebook is hooked to an electrical charger, phone line or cable it can be struck down. And, for you cell phone users, having a cell phone to your ear during a thunderstorm is a great way for the almighty to knock your socks off.

Thanks for your response**Survey results are in***By Mary Kay Gominger (G)*

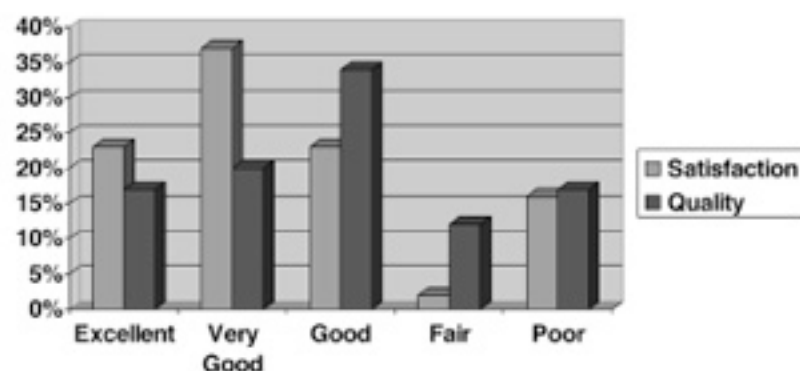
Last month you were given the opportunity to participate in a newspaper survey. Many of you took advantage of this chance to voice your opinion (nearly 150 residents at AFRH-G) and your responses were noted. Thank you for taking the time to fill out the survey!

As promised, here are the survey results. You will see a chart that shows the satisfaction rating and how you rated the quality of the paper. As you can see, the majority of folks were very satisfied, satisfied or neutral about the Communicator while 18% of those that responded were dissatisfied. Almost similarly, most rated the quality of the paper as excellent, very good, good or fair while 17% gave it a poor rating.

These ratings mean many things to the Communicator staff. First, it gives us a sense of confidence that we are, for the most part, reaching our audience and giving them what they expect and enjoy. Secondly though, it tells us that there are some residents out there that we aren't reaching, at least not in a positive way. So our challenge is to evaluate the ideas and suggestions you provided in the survey and incorporate them into our newspaper in such a way that we keep the readers we have but at the same time provide the dissatisfied readers with what they want. And boy did we get some suggestions!!

Here's what you said about what you like most about the Communicator –

- Then and now
- Lots of Gulfport news
- The format and photos
- Feature of residents
- News from both Homes
- Easy to read
- The photographs
- History of Naval Home



- Very diversified and informative

There were many more along these lines. But now let's get to what you thought could be better –

- The black and white photos
- More factual information pertaining to management policies
- Type of paper used is hard on eyes
- More history of the Home and updates on construction
- Print financial statements, income, expenses and net worth
- Add more color
- A question and answer section
- Publish upcoming events and trips
- Have separate papers for DC and Gulfport
- Should be printed on less expensive paper
- Quality of pictures

And on and on it goes.....

All of your comments have been recorded, even those not related to the newspaper. Start looking for some of your ideas and suggestions in future editions of the Communicator. Last month, thanks to one of your suggestions, we started a "Heads Up" column that highlights special activities and events for the upcoming month. Look for that to be a regular feature. And if you have a knack for writing or photography and are interested in contributing to the paper, feel free to stop by my office and let's get you started.

Again, thank you for your participation in this survey.

By the Book

It's your library - enjoy it!

*By Myles C. Medearis, Jr. (G)*

I want to talk about our library. I would like to make this a regular column in the Communicator, letting you know what there is for you to enjoy, and receive your feedback on how you believe we can do things better.

This library is not some sort of a memorial. The only reason it is here is for your enjoyment and enhancement. All of us connected with it are here, ready and willing, to do what we can to make it better.

There are four computer stations, two typewriters, tables, reading lamps, and comfortable recliners, all for your use. Almost any afternoon one can find Bernie Egan in a recliner, a book in his lap, his eyes closed and probably visions of sugar-plums dancing in his head. He doesn't snore, which is a blessing. Some of you residents take advantage of what is offered but I believe more of you don't because you are not aware of all that's available.

We need your input to be effective. My telephone number is 8187 and there is an answering machine. My e-mail address is silverfish@cablone.net so there is no excuse for not voicing your ideas, complaints or whatever.

I will also toss in a question or two concerning military history and/or trivia. The answer will be in the following article. For starters:

Who was the most senior officer in the U.S. Navy and what was his title?

Send your answers to me via e-mail or give me a call. I look forward to your input and will address it in next month's edition.

Spring Games...a recap



AFRH-G Staff member Leigh Brown gives a pep talk to Rosetta (Corky) Wainscott and John Taylor prior to the relay race. In the background, Leisure and Wellness Director Don Cross and Thomas Dodson wait for the signal to start.



Richard Lane teams up with Shelley Schruoff in the relay race.



Perfect form - Harry Rhizor tosses a horseshoe during Spring Game competition.



Sid Land takes careful aim in a game of horseshoes.



Doris Jones (left) takes aim during bocce competition. Bobbie Naboni waits her turn.



(Above) - Alfred Henke tosses a ball in bocce.
(Left) - Helen Austin, Leigh Brown, John Taylor, Henry Pike and Bill Cleveland take part in the Predictability Walk.



“In riding a horse, we borrow freedom.”

Unknown author

LTCU residents spent the morning at Sandi-Len Farms in Long Beach, Miss., last week. During the visit, they got the chance to spend time petting and grooming the horses. Sandi-Len Farms is an equine facility devoted primarily to the Special Olympics program. The owner, Lenny Sawyer, graciously allowed the AFRH-G residents to visit his beautiful facility. Some of our residents are going to participate in therapeutic riding.



Lois Beck, a former horse owner and true horse lover, pets Bear.



Joel Webb rubs on Bear during the AFRH-G visit to Sandi-Len Farms.



Bear enjoys a nose rub from Thomas Dodson.



Home on the Range...well not quite. But here the whole LTCU gang poses for a picture with Bear in front of the barn.



Doris Jones quickly found a friend in the pasture behind the barn. Doris joined the group from LTCU when she heard they were going to see horses.

AFRH-W CAMPUS OPERATIONS OFFICE RELOCATION

By Donna Smith (W)

The Campus Operations Office will be relocating to the Sherman South Building on the second floor. We will be conducting business from our new location effective May 23, 2005.

On behalf of the entire staff, I want to thank you in advance for your patience as we unpack and settle into our new space. I can assure you that the Campus Operations staff will continue to accept your service requests during our transition and attempt to provide you outstanding service to meet all your needs. We are keenly aware that we exist because you are here. Our goal is to make your Home as comfortable as possible.

Campus Operations has the responsibility of providing a well-maintained, clean, and safe facility. We are specifically responsible for pest control, maintenance (both emergency and routine), heating and air conditioning, elevator service, grounds and landscaping, utility management, sewage disposal, sanitation, fire safety and prevention, transportation, maintenance of emergency systems, and facility renovation/alteration. In addition to these daily responsibilities, the service is charged with anticipation of future facility needs and planning for meeting those needs in a timely manner. We are an elite group of employees that are assigned to manage and coordinate the maintenance and logistical needs of the Home. Each employee is a skilled professional with one goal in mind "SERVICE TO THE RESIDENTS."

Each individual in the Campus Operations is required to provide quality service and respond to resident needs and requests in a timely manner. You have earned our highest level of effort and the maximum in quality. There are times that outside constraints (i.e., purchase of parts) interfere with our ability to accomplish work in a rapid fashion. However, we strive to keep these instances to a minimum. Your satisfaction is a fundamental precept of this organization. Please do not hesitate to contact us if you have any questions about our services or if you have some comments about service performed for you.

No changes will be required to our service order system to accommodate our relocation. Submitting a work request is still as easy as dialing a phone. Routine repair work on your room (i.e. repairs to walls, ceilings, floors, plumbing and electrical fixtures, built-in furniture, etc.) will be taken Monday through Friday 7:00 - 3:30 PM by calling Extension 3241.

(After Hour Service) after 3:30 PM weekdays, weekends and holidays, emergency service requests can be made by calling Extension 3111 or 3018. The night engineer or other appropriate repair technician will then be notified.

We can hang your picture, install shelving, make minor modifications to your room to meet your needs, and perform other work that will help you establish the home you want. We strive to fill all your requests.

Health Check . . . CARBOHYDRATE: A Key Nutrient

By Rachael Hatten, RD, Teresa Hui, RD, Leslie Boggus, RD & Jami Woodham, RD

As of recent, Carbohydrates have become the number one public enemy of those seeking weight control. Most of the attention to this nutrient can be attributed to the popularity the Adkins and South Beach Diets. Carbohydrates have also been misunderstood as being a negative factor when managing diseases such as diabetes. Hopefully after reading this article you will realize how valuable nutrient carbohydrates are to overall nutritional health, and how to make the best selections from all carbohydrates choices.

One of the major functions of carbohydrates is to provide fuel to the body. About half of our energy each day is supplied by carbohydrate. Protein and fat can also provide fuel, but the body uses carbohydrate much more efficiently. In fact, carbohydrate is said to spare protein, meaning that as long as adequate fuel is available in the form of carbohydrate, the body will not use its precious protein muscle mass for fuel. Protein, consumed in the correct amounts, is better used to maintain and build tissue. Some diets promise that limiting carbohydrates will make the body burn stored fat as the primary source of its energy. If this happens, a metabolic process will occur that can lead to the dangerous disorder of ketosis. Symptoms of this imbalance are nausea, headache, appetite loss, and dehydration. This potentially life threatening condition is especially dangerous if you have diabetes. Another function of carbohydrates is to provide fiber that adds bulk to the diet, which helps the large intestine move its contents along faster and with less effort. Adequate fiber intake leads to normal bowel regularity. Carbohydrates also provide multiple essential vitamins and minerals.

Individuals diagnosed with diabetes have an interest in controlling their carbohydrate intake for the purpose of blood glucose regulation. Carbohydrates that breakdown quickly during digestion have the highest glycemic index, and glucose response is fast, possibly causing a high blood sugar or hyperglycemia. Foods that have a higher glycemic index number are usually simple sugars. These foods usually do not contain whole grains and may have added sucrose or table sugar. In contrast, low glycemic index foods, or complex carbohydrates will release glucose gradually into the blood stream. These foods include whole grains, brans, barley, oats, fruits, and vegetables. In fact, many of these foods eaten in the correct amount, have been shown to help regulate or control episodes of elevated blood sugar.

Residents are encouraged to consume the majority of their carbohydrate intake in the form of high glycemic index or complex carbohydrates. A good guide to remember when making choices of these foods is to follow the new 2005 USDA Food Pyramid guide of:

6oz of grain products with 3 oz being from wholegrain cereal, bread rice or past

2 1/2 cups of assorted vegetables per day and

2 cups of assorted fruits

(For more information about selections for all food groups, go to web site MyPyramid.gov or see your Registered Dietitian)

Carbohydrates are truly the fuel source for the "powerhouse" of our cell. Any diet plan that severely limits intake cannot be considered adequate or healthy to meet nutrition needs. What's more carbohydrate provides a satisfying dining experience that can lead to the correct consumption of all other nutrients.

AFRH-W Recreational Services Activities

METRO OUTREACH PROGRAM- A HUGE SUCCESS



By Laura R. Fogarty (W)

On Wednesday, May 4, 2005 representatives from Metro came out to speak to residents about the "Metro is Accessible Project" which is an outreach program of Metro's Office of Americans with Disabilities Act (ADA) Programs. The Metro is Accessible project is designed to educate people with disabilities and disability advocacy organizations and social service agencies about the accessibility of the bus and rail systems. The project informs potential customers with disabilities about the benefits of Metrobus and Metrorail service, which include low cost, great availability and flexibility, and convenience. It also provides

free Metro system orientations to help people with disabilities learn how to use the bus and rail systems, and free trip planning assistance.

Residents in wheelchairs and BPV's were given an opportunity to enter and exit on these special vehicles designed to transport people needing this special assistance for mobility. Once on the buses the narrators explained all the different communication tools on hand to assist residents with varied limitations.

In addition, residents were informed of the Metro classes being offered right here at the Home by resident Lenny French. During the class time residents are shown the different metro routes and then in small groups of 3 or 4 he takes the residents out and they actually go out and use the system, usually ending up with a lunch stop at union station culminating the end of their adventure. It is thru Lenny's efforts that we were fortunate to have this program here. Lenny wanted to reach beyond the walkers and extend this to the residents in wheelchairs and Battery powered vehicles. So off he went navigating his way thru the system for those with disabilities. His classes now reach everyone. Residents interested in learning more about the metro system may sign up in the Leisure and Wellness Office, Sheridan building room 1010. This outreach has been an eye opener to several residents who never thought they could enjoy the city through out transit system.

RESIDENT/EMPLOYEE PUTTING CONTEST



By Matthew Kayson (W)

On Tuesday, April 26th, eleven Residents and Employees ventured down to the putting green at the golf course

to test their skills with the putter. For the second year in a row, the Residents showed that they are, well, just better putters than the Employees here at the AFRH-W. A good time was had by all as Resident Al Paul scorched the 8 hole layout with a score of one under par 15 to win first prize. Mike Haddad and Gene Gilbert finished second and third, respectively. Sheila Motley and Jerry Carter led the way for the Employee team.

THE PRICE IS RIGHT GAME SHOW

By Keith Turner (W)

The "Price Is Right Game Show" was another hit game show given by the Leisure and Wellness division. Ed Underwood used his great voice to call down the contestants using that famous line, "COME ON DOWN, YOU'RE THE NEXT CONTESTANT ON THE PRICE IS RIGHT." The games that the contestants played were Black Jack, High Low, Three Strikes, More Expensive or Less, Toss the Ring, and The Price of a T.V.

The Spin-Offs were close but the final two contestants who made it to the Grand Show Case were Mr. Clarence Stone and Mr. Robert Cavanaugh. Congratulations to Mr. Stone for winning \$100.00 and becoming our 1st Price Is Right Champion. Mr. Cavanaugh was the runner-up and won \$50.00. Watch out Mr. Stone, residents are already talking about taking your title the next time we do the "Price Is Right."

Memorabilia committee strives to preserve historical artifacts

By Robert Locke (G)

The Gulfport campus is actively collecting invaluable pieces of memorabilia that transcends not only historical times, but pieces that hold such wonderful personal memories of accomplishments on a more individual basis. Antoine De Saint-Exupery (1900-1944), an aviator and writer, once said, "The meaning of things lies not in the things themselves but in our attitude towards them." How very true. It is remarkable to see how so many of the residents, staff and friends of the Home have treated pieces of memorabilia with such reverence and respect for artifacts of our "days gone by."

The Armed Forces Retirement Home-Gulfport, through the Residents' Advisory Council, is "running pretty quickly" with a small, but energetic group of residents and staff that are serving on the Home's Memorabilia Committee. The committee is one of four standing committees that the Residents' Advisory Council has operational oversight responsibilities for, including budget. The Memorabilia Committee is chaired by Mr. Holly Hayes who was unanimously approved by every member of the Residents' Advisory Council to serve as the chairperson for the committee. Mr. Hayes' tireless effort to serve his fellow residents is best demonstrated by his earlier lead-

ership in steering the Home's Stain Glass Committee to such great heights. The committee collected over \$100,000 to purchase the magnificent pieces of stain glass that presently adorns the Home's Chapel. The Memorabilia Committee is pushing through its embryonic stages at this writing, but with Mr. Hayes leading the way the committee is destined for great deeds.

The Memorabilia Committee has had only one meeting, but Mr. Hayes is quickly establishing agenda items for the next meeting. The committee will have the daunting task of ensuring the preservation of current pieces of memorabilia while major construction of an additional nine-story wing is added to the two existing wings. There are such wonderful historical items up and down the corridors of the Home and each one of these examples of earlier times will require the attention of the committee. The Home received two magnificent wooden eagles that stood as sentries at the United States Naval Home in Philadelphia prior to the Home's move to Gulfport in 1976. The eagles are now serving as "welcome wagon hosts" to all visitors who enter through the sliding glass doors into the main building.

The committee has some work to do, but the interest, energy and the "smarts" of the committee members will ensure a positive and productive product. There will be much more to come on the Memorabilia Committee's progress in future articles in the AFRH Communicator. An old Greek Proverb goes something like this, "The beginning is the half of every action." The Memorabilia Committee has certainly started their first half.



A group of students from Utah's Brigham Young University made a stop at AFRH-G earlier this month to perform for the residents. The group, called the International Folk Dancers, gave a spectacular performance of song and dance that last nearly an hour. Residents crowded in the ballroom and clapped their hands in unison to some of the songs. At the conclusion of the performance, the dancers gathered some of the residents onto the dance floor.



Spring Games...Overall winners

Overall Women's Champions: (Pictured to the right)

- 1st - Bobbie Naboni
- 2nd - Betty Lindstrom
- 3rd - Jewel Poteet

Overall Men's Champion

75 & Below: (Pictured below on right)

- 1st - Buron Noel
- 2nd - Neville Smith
- 3rd - P.J. Johnson

76 & Above (Pictured below):

- 1st - Harry Rhizor
- 2nd - Chas Carter
- 3rd - Frank Carlson



Hurricane season is here

Make plans now on how to deal with storms that may hit our area

The Hurricane Season on the Gulf Coast begins in June and lasts until the end of November. The destruction caused by a powerful storm can affect a widespread area and recovery can take a long time. **The safest course to follow when a hurricane is approaching is to leave.** We urge all residents to plan to self-evacuate whenever HURCON 3 (storm expected to strike in 72 hours) is set. When planning evacuation, go at least as far as Jackson, Miss. Because of the unpredictable nature of hurricanes, do not plan to evacuate to a location on the Gulf Coast.

The residential tower is structurally strong enough to withstand most storms and we have emergency systems to provide basic utilities. Our hurricane response efforts are directed toward preservation of the main building and protection of lives. There is little that can be done to protect outlying buildings and parked vehicles.

Should you elect to stay, we ask that you make some simple and inexpensive preparations that may make your life more bearable.

a. Maintain a stock of canned juices, water, and a supply of your favorite snacks in your room. Concentrate on items that

can be stored and consumed without refrigeration. Remember, cooking equipment is prohibited in resident rooms and power may not be available for refrigerators or microwaves.

b. A heavy duty flashlight and store of batteries will come in handy if the power supply is disrupted. Use of a flame-producing light such as candles or a Coleman lantern is prohibited.

c. If you routinely take a medication, acquire at least a 2-week supply when HURCON 3 is set. If you have medications which must be refrigerated be sure ask the Outpatient Clinic to store them when HURCON 1 is set. Room refrigerators may not have power. Medical has refrigerators connected to the emergency power supply. Be sure and have enough diabetic supplies and equipment (lancets, test strips, fresh batteries in the meter).

d. If you are undergoing any special medical treatments from a source outside the AFRH-G, please discuss these treatments with one of the AFRH-G's physicians. It may not be possible for the AFRH-G to provide complex medical treatments during or after a hurricane.

e. Have a supply of your favorite toilet paper and other toiletries. Keeping facilities stocked with a limited staff may be difficult.

f. Your prized possessions should be protected from possible wind and water damage. Pull your beds, stereos, comput-

AFRH-W Employee's Award Breakfast



Gary Gregory was presented with an On the Spot Cash Award for the outstanding support provided during the move of residents from the Pipes Building to the Scott Building.



Ricky Langford received an On the Spot Cash Award for his excellent leadership skills and ensuring the safety of our residents and staff from a recreational trip.



Keith Turner received an On the Spot Award for his performance of additional duties during the absence of the Guest Room Recreational Specialist.

By Sheila Motley, PAO-W

On April 22, 2005, Captain Soares, Deputy Director and Timothy Cox, COO, acknowledged the superb performance of AFRH-W employees for the successful relocation of residents from the Pipes Building to the Scott and LaGarde Buildings.

Healthcare Services

Donna Matthias - On the Spot Cash Award
 Evelyn Dizon - On the Spot Cash Award
 Epifania Mason - On the Spot Cash Award
 Theresa Bowden - On the Spot Cash Award
 Nellie Lane - On the Spot Cash Award
 Robert Adams - On the Spot Cash Award
 Mary Gravitt - On the Spot Cash Award
 Wilthric Marshall - On the Spot Cash Award
 Sarah Kenan - On the Spot Cash Award
 Betsy Spencer - On the Spot Cash Award
 Janet Mitchell - On the Spot Cash Award
 Dorothy Jones - On the Spot Cash Award
 Adrienne Dawkins - On the Spot Cash Award
 Brenda Everette - On the Spot Cash Award
 Valerie Kirkwood - On the Spot Cash Award
 Teresita Cabradillia - On the Spot Cash Award
 Ligaya Llacuna - On the Spot Cash Award
 Katherine Jiles - On the Spot Cash Award
 Gladys Reed - On the Spot Cash Award
 Barbara Johnson - On the Spot Cash Award
 Shirley Lindsey - On the Spot Cash Award
 Teresa Hui - Outstanding Performance

Resident Services Directorate

Carol Mitchell - On the Spot Cash Award
 Steven Briefs - On the Spot Cash Award
 Jeff Anderson - On the Spot Cash Award

Support Services Directorate

Chiffon Graves - On the Spot Cash Award
 Joyce Simpkins - On the Spot Cash Award
 Nichelle Goins - On the Spot Cash Award

Campus Operations

Patrick Benjamin - On the Spot Cash Award
 Rufus Grooms - On the Spot Cash Award
 Kevin Greene - On the Spot Cash Award

CONGRATULATIONS FOR A JOB WELL DONE!!



Ann Taylor was recognized for her outstanding management and supervision of staff with the coordination among the nurses and movers during the move from the Pipes Building to the Scott and LaGarde Buildings.



Jerry Wessel received an On the Spot Award for his significant role for the successful completion of Dental & Optometry Clinics and the relocation of residents from the Pipes Building to the Scott Building.



Joyce Jenkins received an On the Spot Award for exemplary performance of duty for ensuring a smooth transition in the recent move of residents from the Pipes Building to the Scott and LaGarde Buildings.

“Lincoln Cottage” from page 1

By Angie Brown, NTHP Education Coordinator

On April 28, 2005, the National Trust for Historic Preservation, the Armed Forces Retirement Home and more than 400 community, civic, preservation, and business leaders and several classes of school children celebrated the completed exterior restoration of the President Lincoln and Soldiers' Home National Monument – commonly referred to as Lincoln Cottage – the most significant historic site directly linked with the Lincoln presidency other than the White House. The celebration took place on the south lawn of the Cottage with remarks by Captain Soares, Deputy Director of the Home, and Timothy Cox, Chief Operating Officer, and presentations by National Trust President Richard Moe and one of the nation's leading presidential historians, Michael Beschloss. At the ceremony, residents were acknowledged for raising more than \$1,000 by collecting spare change at the Soldiers' Home PX. Mr. and Mrs. Ray Colvard, Soldiers' Home residents, also were recognized for recently making a generous personal gift.

“This morning's event is a major milestone in a journey that began five years ago. It is a big job – but we believe it is a job worth doing, and we're delighted with today's result,” said Moe. “This place was a home away from home for Lincoln and his family during the Civil War and provides the public with a

truly personal view of Lincoln and his living legacy. Just as the Home hopes to inspire young people to serve in the Armed Forces through the example of honor and sacrifice presented by its residents, the National Trust hopes to instill in future generations the importance of keeping our nation's history alive so that they and their children can experience it, learn from it and be inspired by it.”

The exterior restoration of Lincoln Cottage required making the structure weather-tight and returning it to its Lincoln-era appearance; including installation of a new historically accurate roof; restoration of the veranda; removal, repair and reinstallation of all the windows, doors and trim; and removal of damaged stucco that has been replaced with a historically-accurate mixture. The National Trust anticipates the Lincoln Cottage will be open to the public in early 2008. It will tell the story of Lincoln – the President and the man – and increase our understanding of the people, events and places that shaped his thinking. Perhaps most important, the site will help keep a unique and significant piece of history alive so that future generations can experience it, learn from it and be inspired by it.

For more information about the President Lincoln and Soldiers' Home National Monument, please call Angie Brown, Education Coordinator, at 202-829-0436.

“STEP TO IT”

Jerry Carter (W)

Walking has grown tremendously in the past two decades. More people walk than participate in any other exercise in the United States and AFRH-W residents is no exception. Residents are taking advantage of the five basic benefits of walking: body composition, cardiovascular fitness, flexibility, muscular endurance and muscular strength. Although there are always various gadgets and high tech shoes and clothing to tickle the fancy, all you need at the Home is a pair of supportive shoes, positive attitude and a smile. Step to it and keep walking your way to better health.

Spring has Sprung Cookout

By Ricky D. Langford (W)

Thursday May 5, 2005 the Residents of the King Health Center celebrated spring with the first Cookout of the season. Though it was a little cool for our residents to eat outside 125 enjoyed the Half smokes and Hamburgers, hot off the grill. Lunch was served in the RT area.

Food service prepared all of the side dishes, beverages and desserts, RT manned the grills. Thanks to all volunteers, Food service, KHC staff and my RT's for the success of this joint venture.

Ninth Graders Display Awesome Talent

By Keith Turner (W)



the members in the concert band. The music had many of the residents clapping their hands and snapping their fingers. They came all the way from Texas with a variety of song from the 50's on up. After the performance the residents waited in the Scott lobby to meet, mingle, and have refreshments with the performers. Hats off to a well done job by these young teenagers.

The Leonard MS Concert Band visited the AFRH-W and put on a delightful show which surprised many of the residents because of the ages of many of

Grandpa's Woodshop

By Sheila Motley, PAO-W



child, his great grandson, who is due in July 2005.

Twenty-four years ago Jim Webster made a desk for his granddaughter and recently made an exact replica for her

Mission accomplished by Coast Guard CWOs



On May 17, 2005 the United States Coast Guard, Chief Warrant Officers from USGC Headquarters in Washington DC, and USGC Commands in Ballston, VA, and the Chief Petty Officer's Association Washington DC Chapter and the United States Navy, Chief Petty Officer's Association joined forces at AFRH-W to complete not one but 3 missions. Mission 1 -

Clear the pond area of debris, trim grass, pull weeds, clear drainage and fix-downed fences. Mission 2 Clear the garden drainage canals. Mission 3 Beautify the entryway into King Health Center with blooming flowers. With the guidance of Residents, Joe Williams, Reed Hawthorne and Chuck Felder, and the AFRH-W Team of, Leisure & Wellness, Recreational Therapy, Campus Ops, and King Health Center staff, this team of 27 active duty members completed all 3 missions in a record breaking 2 _ hours. Their teamwork, organization and high work ethic were visible to all. AFRH-W Deputy Director, Capt Paul Soares, stopped by to thank the USCG CWO Association and the USCG and USN Chief's Association and present the AFRH-W Coin of Excellence. Then the active duty treated everyone to a grilled lunch of hamburgers and hot dogs. One Resident summed it up best, "This group reminds me of my best military days; work hard, complete the mission and take time to

relax to talk about it." This great team has already volunteered to return to AFRH-W in September, their only requirement, bigger projects!

Thank you to the following finest representatives of active duty and teamwork in action: CWO Sean Fennell, CWO4 R. Brown; CWO3 Bill Dodson; CWO3 Doug Van Oort; CWO3 Darryl Ransom; CWO2 Shawn Bowman; CWO2 Jim Pa; CWO2 Mitzie Robinson; CWO Scott Tucker; CWO3 George Young; CWO Ken Millson; CAPT Doug Lane; LCDR Bob Volpe; LT Gary Lee; LTJG Mike McDonnell; LTJG Andy Goshen; LTJG Melissa Childers; BMCN Mark Allen; MCPO Frank Tatu; YNCM A Tubbs; MSTCM Diane LaCumsky; MCPO Phillip Wright; SKC Amanda Sawyer; NCC Ann Wittenbel; SK3 Kenny McCain; ATC Steve Hendricks and AV13 Steve Fecker.



AFRH-W Amateur Radio Association



Celebration of Armed Forces Day is a significant event here at the Armed Forces Retirement Home. The Departments of the Army, Air Force, Navy, Marine Corps, and Coast Guard co-sponsored the annual military to amateur radio communication tests in celebration of the 55th Anniversary of Armed Forces Day (AFD). These communications tests were conducted one week earlier on May 14, 2005 so

that they would not conflict with another significant event in the Amateur Radio community; the Dayton, Ohio Hamvention (May 20-22).

This annual celebration features traditional military to Amateur cross band communications on Single Side-band (SSB) voice and the Secretary of Defense message-receiving test. These tests give Amateur Radio operators and short wave listeners an opportunity to demonstrate their technical skills and receive recognition from the Secretary of Defense and/or the appropriate military radio station for their proven expertise. Confirmation (QSL) cards were provided to those making contact with the military stations. Special commemorative certificates were awarded to anyone who received and copied the digital (radio-teletype) Armed Forces Day message from the Secretary of Defense.

The photo to the left shows resident Allan Hubbert operating his Amateur Radio station. Although propagation conditions were very poor, due to unusual sunspot activity, he was successful in contacting six military stations and receiving the radioteletype transmission from Fort Huachuca, Arizona.

Amateur Radio has been a great hobby for the past 43 years. It does take some effort to study for and pass the F.C.C. examinations, for privileges on the high-frequency bands where worldwide communications are possible. He prefers extremely low power using morse code (CW). "Now that I'm fully retired, maybe I can enjoy my lifelong hobby more often, he said."

For more information about Amateur Radio, contact Allan in the Scott Building, Ext. 5-6212. The Amateur Radio club is an organized club at AFRH-W for and by the residents of Home.

Old Colonels and Generals Are Like Fathers

By Ludwig Olson (W)

When I joined the army in 1935, I was told that old colonels and generals are like fathers. That was certainly true of some old colonels and a general who were in charge of me. It is also likely true of many old navy captains and admirals.

In 1941, I was a technical sergeant and assistant to an old colonel in inspecting ordnance equipment at Fort Sheridan, Illinois. He was very thorough and insisted on doing the inspecting himself. I was the recorder. Serial numbers of all guns were listed. It was extremely monotonous. One morning when rifles of the 14th Cavalry were being inspected, I was very tired from being out late the night before and started to get sleepy. The colonel noticed it, and asked, "What was the serial number of that last rifle inspected?" I barely managed to tell him the number. It was his way of making me alert without bawling me out. Old colonels were skilled in handling such situations. They could have been excellent diplomats.

In 1942, I was a warrant officer assigned to an ordnance office in Trinidad, British West Indies, close to South America. An old grayhaired colonel was in charge. He had a reputation for being tough on junior officers, and bawled me out for authorizing issue of supplies in larger quantities than he considered proper. When I explained that I was following instructions in army ordnance manuals, he responded, "Son, I've been in this business since you were a little redheaded boy about three feet high. Those manuals were prepared in Washington by girl clerks busy chewing gum and gossiping about their boyfriends. To hell with manuals and regulations; we'll decide here and now what quantities are authorized!"



The colonel was from Georgia, and spoke with a southern accent. As would be expected, he showed favoritism toward southerners.

On one occasion, he introduced junior officers of his staff to a colonel on a visit from the states. "Sir, here's Captain Winship, a good ol' Georgia boy; Sir, here's Lieutenant Connor, a good ol' South Carolina boy; and, Sir, here's Mister Olson from Wisconsin." He revealed his feeling about Yankees. He had a peppery personality mellowed by a strong paternal instinct. I found him to be very likable.

Major General Julian S. Hatcher was among the world's greatest small arms and ammunition authorities and author of articles and books on those subjects. I was very fortunate to have him as a supervisor in 1940 when he was a colonel and Assistant Commandant of the Ordnance School at Aberdeen Proving Ground, Maryland. My job at the school was making charts and maps.

In early 1957, a few months after retirement from the army, I was hired as Assistant Technical Editor at the National Rifle Association in Washington, D. C. General Hatcher, retired from the army, was the NRA Technical Editor at that time, and I assisted him in various ways, chiefly with experiments in the test range.

There was never a dull moment when working with General Hatcher, and much valuable experience was gained from his experiments. He could be stern when necessary, but always treated me in a fatherly downtown manner. His principal associate in matters involving math and physics was retired army Colonel Edwin H. Harrison, who served many years as Associate Technical Editor, and later became Senior Technical Advisor.

Hurricane continued from page 17

ers, radios, and other sensitive equipment to the center of the room. If possible, place your most valuable keepsakes in the storage rooms on each floor. Items subject to water damage (picture albums, papers, etc.) should be wrapped securely in plastic and placed in the storage rooms.

g. Ensure you have sufficient cash available to purchase basic needs in the days immediately after a storm. Many businesses may not take checks or credit cards when the power is off.

h. When HURCON 4 is set, you should keep a full tank of gas in your car until the storm danger has passed. Even if you "ride" the storm out here, local damage may dictate that

you leave the area after the storm. A full tank of gas should allow you to travel beyond the storm area. Remember, the AFRH-G is not responsible for damage to vehicles.

i. With these simple preparations, you improve your chances of "surviving" a hurricane. However, I must remind you that the best method of facing a hurricane is from a distance. I urge you to self-evacuate when HURCON 3 is set.

J. L. ULMER
CAPT, MSC, USN
Director

Sailors furnish computers for Iraqi schools

By Burt S. Olson

USNCSA Assistant Editor

REHOBOTH, MASS--The Iraqi schoolgirls were obviously excited. With wide smiles, they gathered around the man in US Army uniform, who opened a gleaming laptop computer. Matthew Johnson, a civilian personnel advisor working for the Department of the Army said, "In this position, I have to wear the same uniform all the soldiers wear, so I fit right in. When I go to a school or visit a village, the Iraqis think I'm a soldier. I want them to think this, because I want them to see the generosity of both the American people and the soldiers. Hopefully, they will grow up having formed a bond of friendship and trust. The schools here have nothing. There is no central government to fund the schools. I was an elementary teacher. I know what teachers can do with basic learning tools."

"I am most excited about setting up the first school computer in Iraq. Saddam didn't allow cell phones, the internet or satellite TV. The schools are requesting computers (in Arabic) so they can teach their students computer technology. The very first computer was donated by United States Navy Cruiser Sailors Association (USNCSA) who collected thousands of dollars in donations from their members to purchase a laptop, as well as many boxes of school supplies. They continue to pledge support and will send more school supplies," Johnson said. This will include printers for the computers.

Staff Sergeant Joao Aguiar added, "We visited a local Iraqi village and gave the children candy, toys and teddy bears. The kids were very excited to see us, and many of them spoke English they started to push and shove to get to the front then, they started to grab your hand some called us 'American Angels' it was sweet. We are going to try to get school supplies from families back home, and some building materials so they can fix homes and schools."

The relationship between the Army and Navy is that Dianne Chase, an Army Reservist and Unit Administrator for the 2 BN 385th Regiment in Providence, Rhode Island, is the daughter of Edward August, editor for USNCSA. August is a retired Navy Chief Petty Officer. Dianne asked her father for help and the Sailors responded with donations, which were more than enough to buy the first computer.

While civilian contractors continue to repair Iraq's infrastructure electricity, roads, law enforcement—with insurgents trying to kill them, the children need help.

Cruiser Sailors will continue to receive monetary donations for purchase of equipment and supplies for Iraqi schools. These donations are tax deductible under Federal Code 501(c)(19) and may be sent to USNCSA, 21 Colonial Way, Rehoboth, MA 02769.

School supplies, both personal and corporate, may be sent Directly to OPERATION BRIGHT HORIZONS, do John Michael Steele (Mike), Civilian Personnel Advisor, MNF1, DCSPER, CI, Trailer 15C, Camp Victory, Iraq, APO AE 09342. Email: John.Steele@iraq.centcom.mil.

"AFRH-W's Own" American Legion Post 70 Tops in District



AFRH-Washington – At a recent ceremony at the DC World War I Memorial an American Legion Department Officer, and Commander Marge Jirak, present a wreath donated by the post.

Photo by Ray Whitelow



American Legion

Post 70

meets 1st Saturday of
each month in
Defenders' Inn at

Armed Forces Retirement Home



Your new officers (elect at the time of this writing) are:
Commander Marge Jirak
Senior Vice Ray Smith
Junior Vice Ray Whitelow

The Installation of our new officers, will be done at the Department Convention on Friday and Saturday, May 27-28.

Commander Jirak will make her appointments at our June 4th meeting.

NEAR FORGOTTEN PROFILES

by John I. Bowery(W)

This is the first in a series of articles focusing on our warriors, heroes and men of distinction among the residents of the Armed Forces Retirement Home here in our nation's capitol Washington, DC.

If the forgoing sounds a little abstentious, it was meant to be. Being a newcomer to the area and the "Home", I must admit that I am nearly overwhelmed with the men and the location of this beautiful place. At first glance around the area, you can't be anything but impressed, first with its location (right in the middle of Washington). The buildings and grounds are awesome and the many additional areas of carefully planned sites on the campus are stunning when you become aware of them.

There is a beautiful golf course that is not only well maintained, but has been host to Presidents, members of congress and many other celebrities of our Armed Forces and the entertainment world. There are two very nice fishing lakes on the property. The nearly 300 acres of beautifully landscaped land and lawns are host to some very impressive buildings. The residential buildings are constructed of Granite and Marble in the grand fashion that was prevalent around the turn of the century here in Washington, as were the government buildings in the downtown area of our capitol.

As a new arrival here and after checking in and being assigned my new accommodations, I met a very outgoing, large (in stature) man with a quiet demeanor that he carries quite well. He literally took me in tow and introduced me to some new friends and made me aware of exactly what to expect while living here. His name is W.L. "Bill" Adams. He is a retired Marine with 20 years service. He retired with the rank of Gunnery Sergeant. Now, I am an old Marine from the WWII era and that rank was and still is very impressive to me. Men like Bill were and are the backbone of the Marine Corp and always will be.

We are going to catch up with Bill's life after retirement. This will be the premise of all the future installments of these "Profiles". What he chose to do with it will be the story that I will write about. This is that story; After retiring, Bill went first to Oregon, then Alaska and Alabama, all the while trying to decide what he was going to do with the rest of his life. He was disturbed by the attitude of some of the American people at that period of time. Many will recall that the returning veterans were not treated very well and were even called murderers and baby killers by some.

In Bill's words "It was the post Vietnam era when I retired and I was not going to become involved with the culture of those times". "I had done nothing to be ashamed of and did not want to argue with my fellow Americans all the time". For the next several years he was restless and searching for something to bring some meaning into his life. He worked in Oregon and Alaska and finally ended up in Mobile Alabama. It was 1979 and Hurricane Fredric had just devastated the Gulf Coast. Timber, by the tens of millions of board feet had been blown

down. A new opportunity opened up and he became an instant timber salvage expert and it was during this cleanup operation that Bill harvested the largest Loblolly Pine ever seen in Alabama. About that time the Amazon River and the Rain Forest destruction hit the front pages and yet another opportunity presented itself. This one was offering a larger than life adventure that seemed in need of an investigative reporter and a timber salvage expert, looking for a media outlet.

Research brought into play the name of Robin Hollie McGlohn, a Missouri State native who had once tried to enlist in the Marines for WWI, but settled for the Navy at age 16, and finally became a Navy Aviator in 1923. He was known worldwide as an aficionado of Amazon River industrial development, having been involved in dozens of industry startups. He had not been heard of for the last twenty years. Finding him and writing his life story, all of which seemed to be involved with pioneering the aviation industry (the PanAmerican Airways story) and with Amazon timber specie introduction, seemed to Bill to be a good starting point for a fledgling investigative reporter. Bill's plan was to spend 6 months researching and then return to the states and launch a new career. Robin McGlohn was 79 years old when Bill found him, and in reality, became his surrogate.

Sixteen years later and in bad shape, Bill called the U.S. Embassy Marine Security Guard Detachment in Brasilia, Brazil, the country's capitol and asked if he could hitch a ride back to a hospital on the next U.S. aircraft going north. Finally, after many, many subadventures, Bill returned to Alabama. He had, in hand, only a recently completed 40page autobiography of the man, Hollie McGlohn. He also had a personal history of having been the prime mover in developing a huge state fair for the state of Para. He had the special honor of introducing a new specie of hardwood to the U.S. markets. Bill made a donation of hardwood to be used to completely restore the bottom two floors of his hometown flood museum. Among many other discoveries, the tale of a railroad built by earlier hometown Pennsylvanian's shortly after the Pennsylvania State Fair of 1876. It was built at the request of Brazil's Emperor Dom Pedro II, who in history was the first Head of State to visit the fledgling United States of America. Thirteen years later he would relinquish his crown so that his country could become the United States of Brazil, a republic. Very much the same as the U.S. of A. One hundred years later, the FEMAZON state fair opened in Belem, Para State, Brazil. It was designed and developed in Bill's BAJA International office and built by the government of Brazil.

The history book of the Pennsylvania Amazon Princess, the unknown railroad that was the first, totally United States foreign construction enterprise ever attempted, at what is today, Brazil's newest state capitol of Porto Velho, Rondonia State, will be printed and published from the Armed Forces Retirement Home. (Probably, the 4th of July). One hundred and twenty-five years after it first went into operation.

AFRH-W 2nd Annual Volunteer Plant a Difference Day



By Melodie Menke (W)

At AFRH-W with the team partnership of Campus Ops and Volunteer Services, on May 11 2005, at the 2nd Annual Volunteer Plant a Difference Day, the Air Force ROTC from local colleges truly planted a spectacular difference.

Resident Key Volunteer, Charles Felder took charge of the young officers and made it happen. Other Volunteer Residents, Jim Hart, George Lang, Art England offered guidance and leadership. The results are a beautifully planted flower garden of red, white, and purple petunias for all to enjoy.

A SPECIAL DAY TO REMEMBER



By Laura R. Fogarty (W)

On Sunday, May 15, 2005 as the clouds appeared above us and the threat of rain was in the forecast the Detachment #130 AFROTC Commissioning Ceremony took place outside on the Home grounds. Not even "mother nature" could spoil this important day for the 22 students being commissioned and their families. Detachment #130 is housed at Howard University although it includes students from the following institutions: Howard University, George Washington University, Georgetown University, American University, Catholic University, UDC, Trinity College and Marymount University.

After the ceremony the students, family members and our residents socialized and enjoyed a great feast in the Theater lobby. Hard work and determination paid off for these students as they enjoyed this special day.

